

Burns, Oregon

April 18, 2016

## COMMUNITY EVENTS:

April 20, 2016—USRT meeting about Climate Change at the Gathering Center @ 5:30 pm.

April 21, 2016—Community Awareness

Meeting at 5:30 pm. @ the Gathering Center.

Gathering Center Wi-Fi

The IT Department is working on getting Wi-Fi capabilities for the Gathering Center. It should be installed and available for use by the end of the month. As we get closer to implementation, we will send out updates on when it will be available and how to use it.

## Attention Tribal Members:

**The Burns Paiute Tribal Council is seeking individuals for the board for the 501C.3 Burns Paiute Foundation. The articles of Incorporation for the foundation require that people represent certain sectors. The sectors are someone from the parent committee, an educator, a tribal council representative, someone from financial or banking and someone who is an elder. If you are interested please submit a letter to Tribal Council, please include how you are qualified in the sector you wish to represent. Thank you for your interest.**

## COMMUNITY HEALTH NURSE—FULL TIME

Number of Positions: 1

Location: Burns, Or—Burns Paiute Reservation

Open: April 4, 2016

Closes: Open until filled

Starting Date: To be determined

Supervisor: Health Services Director

Salary: DOE

**Position Summary:** Under the supervision of the Health Services Director, the Community Health Nurse is integral part of the Burns Paiute Tribe health program with primary emphasis in providing direct health care, prevention education and maintaining quality health standards for the tribal community.

*Tribal Council is looking for a Tribal member to volunteer to be on the Steens Mountain Advisory Council (SMAC)*

*Please submit a letter of interest to be sent to Washington DC for final approval. If you have any questions, please contact*

*Charlotte Roderique, Tribal Chairperson for more information. 541-589-4924*

## Wildlife Biologist/Rangeland Ecologist

Number of positions: (1)

Dept. Natural Resources

Location: Burns, Or—Burns Paiute Reservation

Open: March 21, 2016

Closing Date: Until filled

Supervisor: Wildlife Program Manager

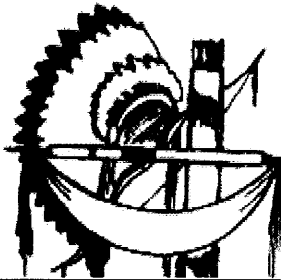
Salary: Grade 7-8 DOE with benefits

Status: Exempt

Position Hours: FT Permanent (40 + per week)

## General Description of the Position:

The successful applicant will assist the Wildlife Program Manager in planning, overseeing, and coordinating research/management activities, and assist in oversight of technician level staff in day-to-day field activities pertaining to wildlife resources.



Burns Paiute Tribe

100 Parigi St.

Burns, Or 97720

541.573.8016

TRIBAL COUNCIL CONTACT:

Charlotte Roderique-  
Chairperson

541.573-9007/589-4298

Burns Paiute Tribal Police

Chief Carmen Smith  
541.413.1419

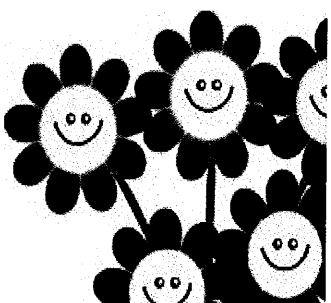
Officer Frank Rivera  
541.413.6032

Social Services: Michelle  
Bradach—Director, BCWA  
541.573.8033 /  
541.589.0171

Heaven Cowing—Domestic  
Violence / Assault 541-  
573-8033 / 541-413-0216

Police After hours:

Call Burns Dispatch  
541.573.6033



## **Community Health Nurse - Full Time**

**Number of Positions:** 1  
**Location:** Burns, Oregon – Burns Paiute Reservation  
**Open:** April 4, 2016  
**Closes:** Open until filled  
**Starting Date:** To be determined  
**Supervisor:** Health Services Director  
**Salary:** DOE

**Position Summary:** Under the supervision of the Health Services Director, the Community Health Nurse is an integral part of the Burns Paiute Tribe health program with primary emphasis in providing direct health care, prevention education, and maintaining quality health standards for the tribal community.

### **Duties and Responsibilities:**

1. Assess patient care using reasoning and decision making skills. Communicate clearly with patients and other health care professionals using spoken and/or written words
2. Provide nursing care through home visits or at the health center on a daily basis
3. Promote health education/prevention by presenting to individuals or groups
4. Coordinates patient care with other health professionals
5. Analyze, interpret, and initiate patient medical data on the patient care component encounter form
6. Provide follow up on patient treatment, recovery, and doctors orders
7. Coordinate activities relating to the weekly tribal health clinic
8. Assists the medical provider during clinic times
9. Maintains the tribal immunization program
10. Operates the Resource Patient Management System (RPMS) to enter patient data
11. Prepares program reports and program documentation as needed or requested
12. Ability and the knowledge of the importance of maintaining **strict confidentiality of all records and information pertinent to the nature of the work.**
13. Must maintain strict confidentiality of medical information and adhere to HIPAA and Privacy Act requirements.
14. Knowledge of community and public service providers
15. Works irregular hours when needed
16. Able to lift and bend when caring for patients in the office or on a home visit.
17. Willing to be trained as a SANE (Sexual Assault Nurse Examiner)
18. **Perform other duties as assigned**

**Required Qualifications:**

- Must be a registered nurse with the State of Oregon and have an active, unrestricted license at the time of hire.
- Prefer a minimum of Bachelor of Science Nursing (BSN) degree
- Minimum of one year of hospital experience or equivalent
- One year of generalized community health nurse experience or equivalent
- Must possess a valid Oregon Driver's License
- Have basic computer skills

**Desired Qualifications:**

- Knowledge of principles, concepts, theories, and techniques of public/community health nursing and teaching and learning
- Ability to identify, assess, analyze, and evaluate medical data and information utilizing standard nursing principles
- Ability to independently plan, coordinate, and manage work
- Experience and ability to work well with diverse groups of people from varying age groups and socioeconomic backgrounds, sometimes in stressful situations, in a manner that displays professionalism, tact, diplomacy, and good judgment.

**Successful Candidate must:**

- ◆ Submit to and pass a urinalysis drug test.
- ◆ Agree to a criminal background check.
- ◆ Sign Confidentiality Clause.

**Please submit application along with resumes to along with verification of Licensure:**

Burns Paiute Tribe, Human Resource Department  
100 Pasigo St.  
Burns, OR 97720  
541-573-8013



STATE OF OREGON  
invites applications for the position of:

# Transportation Maintenance Specialist 2 -Juntura

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**JOB CODE:** ODOT16-0827oc  
**OPENING DATE/TIME:** 03/30/16 12:00 AM  
**CLOSING DATE/TIME:** Continuous  
**SALARY:** \$2,797.00 - \$4,033.00 Monthly  
**JOB TYPE:** Limited Duration  
**LOCATION:** Juntura, Oregon  
**AGENCY:** Transportation-Highway  
**DESCRIPTION:**



## ODOT16-0827oc – Juntura

**This is a Limited Duration appointment that is expected to last 18 to 24 months from the hire date with a possible extension. Limited Duration appointments are regular status, benefits eligible, with a designated maximum length of service. This position could become permanent pending budgetary approval.**

***This recruitment is open until filled; your immediate response is requested as this recruitment may close at any time after a sufficient number of qualified candidates have applied. Initial screening will begin on April 21, 2016; additional screenings may occur thereafter until the position is filled.***

*The Oregon Department of Transportation (ODOT) works to provide a safe, efficient transportation system that supports economic opportunity and livable communities for Oregonians.*

*This position is with the Department of Transportation, Region 5, District 14, Maintenance office in Juntura, Oregon. Region 5 is charged with the safe and effective construction, operation, and maintenance of US and State Highways from the Washington border to the California/Nevada border and from approximately milepost 150 just west of Boardman to the Idaho border*

The Transportation Maintenance Specialist functions as a member of a maintenance crew and performs any required manual labor or equipment operation necessary to maintain, repair and/or reconstruct roadway/highway, freeway, bridges and/or rest area facilities.

**The goal of this recruitment is to fill this position at a Transportation Maintenance Specialist 2 level. However, we encourage candidates who meet the minimum qualifications for a Transportation Maintenance Specialist 1 (\$2576 - \$3660/month) to apply, as we may consider under-filling the position until the selected candidate meets the minimum qualifications for a Transportation Maintenance Specialist 2. Underfill training will not exceed two years.**



STATE OF OREGON  
invites applications for the position of:

# Summer Maintenance Temp Worker

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<b>JOB CODE:</b>	ODOT16-1024oc
<b>OPENING DATE/TIME:</b>	03/28/16 12:00 AM
<b>CLOSING DATE/TIME:</b>	Continuous
<b>SALARY:</b>	\$12.40 - \$16.96 Hourly
<b>JOB TYPE:</b>	Temporary
<b>LOCATION:</b>	Jordan Valley, Oregon
<b>AGENCY:</b>	Transportation-Highway
<b>DESCRIPTION:</b>	



**Oregon Department of Transportation**

**ODOT16-1024oc**  
**Summer Maintenance Temp Worker**  
**Jordan Valley/Basque**

**Job Overview:**

Come assist ODOT maintenance crews as a summer maintenance temp worker in beautiful Jordan Valley! We are currently accepting applications for this great opportunity to gain valuable experience and learn about ODOT maintenance. Apply here to join our team!

We are accepting applications from individuals who are at least 18 years of age, are hardworking, and have a valid driver's license. There are 2 summer positions available. Positions will last 4 months.

*We invite members of all diverse communities to join our workforce as we endeavor to best serve Oregonians from every background. ODOT values diversity and inclusion because they are good for Oregon. We believe that by welcoming differences, encouraging new ideas and views, listening to and learning from each other, and providing opportunities for professional enrichment we are better able to serve those around us. We thank you for considering this employment opportunity.*

- This position is not represented by a union (Non-Union).
- Must have and maintain a valid driver's license and an acceptable driving record.

## **BPT 2016 Temporary Fishing Code for Chinook Salmon in the Upper Malheur River from May 1-August 15, 2016**

**Open waters:** The Upper Malheur River from the Bluebucket Creek confluence upstream to the headwaters of McCoy Creek, Lake Creek, Big Creek and Bosonberg Creek.

- Fishing with traditional methods North of the 16 road is prohibited. This is to protect native fish.
- Enrolled Burns Paiute Tribe members may fish with contemporary hook and line North of the 16 road (see below for definition of traditional methods).
- Enrolled Burns Paiute Tribe members may fish for salmon using traditional methods **OR** hook and line anywhere south of the 16 road to the lower boundary at the Bluebucket Creek confluence.

**Restrictions:** This fishery is occurring in partnership between the Burns Paiute Tribe and the Oregon Department of Fish and Wildlife (ODFW). Therefore, the fishery is open to both tribal members and to members of the public. Members of the public must follow current ODFW regulations.

The regulations set forward here apply to enrolled members of the Burns Paiute Tribe.

- Burns Paiute Tribal members must have valid tribal enrollment in order to participate in the tribal portion of this fishery. Tribal members must be prepared to show their tribal ID card, if requested by enforcement.
- Burns Paiute Tribal members do not need an ODFW license to fish for spring Chinook salmon.
- All salmon harvested by Burns Paiute Tribal members during this fishery shall be used solely for subsistence and cultural purposes and may not be sold.
- Only enrolled members of the Burns Paiute Tribe are permitted to fish on tribal Logan Valley property unless explicit written permission to a non-tribal person is otherwise granted.
- All fish other than spring Chinook salmon must be released immediately if captured by traditional methods. Burns Paiute Tribal members who wish to harvest other species must have a valid ODFW fishing license, and follow the current ODFW regulations.

### **Not Allowable Gear/Tackle:**

- It is prohibited to leave gear unattended.
- The possession or use of any live bait is prohibited (including worms & chumming bait);
- Firearms, bows or any other gear not commonly used in angling;
- Gill-nets;
- Fixed gear that blocks the width of the stream.

### **Gear/Tackle allowed:**

- Traditional methods: spear fishing, net fishing, basket weirs.

- Contemporary methods: Hook and line as defined by current ODFW regulations.

**Season:** May 1-August 15.

**Fishing hours:** Fishing may occur one hour before sunrise to one hour after sunset. When fishing for other species current ODFW regulations apply.

**Daily Bag Limit:** For Burns Paiute Tribe members, the daily bag limit is 4 spring Chinook salmon per person. One fisherman per party may capture the daily limit equivalent for the present party. For example, if the party size is 3, one fisherman may capture a total of 12 (3 persons x 4 fish per day) for the party. However, everyone in the party must have a tribal identification card and be present on site at the time of harvest.

**Reporting Requirements:** Each individual **must** report the correct total of each day's harvest of salmon to the Burns Paiute Natural Resources Department. Tracking harvest will allow staff to facilitate this opportunity in the future. Burns Paiute Tribal Members must also report any mortality or injury to other species (such as trout).

**LEGAL NEEDS SURVEY**  
**Native American Program, Legal Aid Services of Oregon (NAPOLS)**

The Native American Program, Legal Aid Services of Oregon (NAPOLS) provides free legal services to low-income Indian tribes, organizations, and individuals in the state of Oregon. NAPOLS is conducting a statewide legal needs assessment to help us better understand the unmet legal needs in the community—and how our office can best help meet those needs with our limited staff resources.

NAPOLS invites you to complete the short survey that follows. Please submit completed surveys to Rachel at the BPT Health Office, or by mail to: NAPOLS, 4531 SE Belmont St., Suite 201, Portland, OR 97215. Please submit completed surveys by Thursday, May 5.

Your responses are very important to NAPOLS, and will help inform our program and services. Thank you for your participation!



**We invite you to fill out this survey to help us understand the unmet legal needs of low-income tribal members in Oregon.**

*Thank you for your time and participation!*

**Where do you live?** Reservation / City: \_\_\_\_\_

**Are you a tribal member?** ☐ YES ☐ NO If yes, which tribe? \_\_\_\_\_

**Is your household income under 125% of the poverty level?** ☐ YES ☐ NO

*Please answer "yes" if your annual income is under the figure below for your household size:*

Household Size	Annual Income
1	\$14,850
2	\$20,025
3	\$25,200

Household Size	Annual Income
4	\$30,375
5	\$35,550
6	\$40,725

<i>Check here if you or a friend or family member have <b>needed</b> legal help with this issue:</i>	<b>Legal Issue:</b>	<i>If you / they needed legal help, were you / they able to get it?</i>
<input type="checkbox"/>	Drafting a will or other estate planning document	<input type="checkbox"/> YES <input type="checkbox"/> NO
<input type="checkbox"/>	A federal probate case (trust land or IIM account)	<input type="checkbox"/> YES <input type="checkbox"/> NO
<input type="checkbox"/>	A land buy back program issue, an allotment issue, a gift deed, or other issue related to Indian trust land	<input type="checkbox"/> YES <input type="checkbox"/> NO
<input type="checkbox"/>	Interpreting a report about your Indian trust assets (ITI report, IIM statement, etc.)	<input type="checkbox"/> YES <input type="checkbox"/> NO
<input type="checkbox"/>	A case or cases in TRIBAL COURT What type of case(s)? _____	<input type="checkbox"/> YES <input type="checkbox"/> NO
<input type="checkbox"/>	A case or cases in STATE COURT What type of case(s)? _____	<input type="checkbox"/> YES <input type="checkbox"/> NO
<input type="checkbox"/>	Expunging a criminal record	<input type="checkbox"/> YES <input type="checkbox"/> NO
<input type="checkbox"/>	Restoring rights (driver's license, gun rights, etc.)	<input type="checkbox"/> YES <input type="checkbox"/> NO



April is National Child Abuse Prevention Month

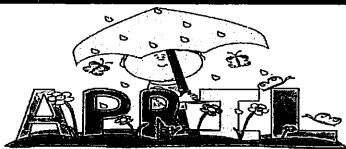


# April 2016

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1	2
3	4	5	6	7 Tradition Keepers 2pm to 6pm Burns Comm. Ctr AA – CofLW 7 pm	8 Sign up for Elders Walking Club Pow Wow Club 2-3:30 pm	9
10	11	12 Annette Here  Parent Focus Grp 5:30pm TuWaKii	13 Dance Performances ECC 11/12:15	14 Movie Night 5:30pm  AA – CLW 7 pm	15 Elders Breakfast w NAPOLS 8:30 am  NAC – Indian Taco	16
17	18 Social Service Meeting 8:30 am	19	20 Parent Committee 5:15 Tribal Court USRT Consult 2pm & 5:30pm	21 Alcohol Drug Awareness Night 5:30 pm AA – CLW 7 pm	22	23
24	25 All Staff – QPR 8:30 am	26 Annette Here	27	28 Women's Group 5:30 pm TuWaKii  AA – CLW 7 pm	29 Pow Wow Mtg Place/time TBD	30



# After School Program @ Tu-Wa-Kii-Nobi 5-18yrs



**April 18th-22nd**

Reminder to Middle School kids there is tutoring at the high school after school. Call Rhonda or Marissa if you need a ride.

We have planned the the Root Digging field trip for the 29th please sign-up this is open to community. Natural Resource is helping with transportation. So its important that you sign-up for head count. Tu-Wa-Kii Nobi will provide lunch for the kids.

Tu-Wa-Kii-Nobi Staff

Main # 541-573-1573

After School Program-

Elise Adams—Youth Services

Coordinator

541-573-1572-

Andrea Herrera

Youth Services Coordinator Assistant

Rhonda Holby- Parent/Educ. Coordinator

541-413-0448

Fred Pelroy- Tutor 541-589-2933

Marissa/ Spencer Jones-Tutors

(775)770-4539

## Monday April 18th

4:00-4:30-Tutor/Reading for 20 Min

4:30-5:00-Free Time-take kids home

## Tuesday April 19th

4:00—4:30- Tutor/Reading for 20 Min.

4:30-5:00-Free Time-take kids home

5:30-Parent Focus Group at Gathering Center-W/Marissa and Annet

## Wednesday April 20th

4:00—4:30- Tutor/Reading for 20 Min.

4:30-5:00-Free Time-take kids home

## Thursday April 21st

4:00—4:30- Tutor/Reading for 20 Min.

4:30-5:00Free Time-take kids home

5:30-Community Awareness-A+D Mental Health; DV-community center

## Friday April 22nd

10:00-12:00-Fleece lap Blanket for first 7 kids there is a sign up sheet at Tu-Wa-Kii Nobi

10:30-11:00-Ms. Lisa- Reading/Craft-

1:00-2:00- Safe Environment our kids deal with daily.

Stranger danger, safe people, How you want to be treated, safety card for each kid. BY DV-Teresa, Selena See Flyer for more information. Parents are encouraged to attend.

2:00-3:30-Prevention project w/Gwen-

*Thank You to Parents that helped with the Pow-Wow performance. Kids did awesome we need to have a person come forward to help us teach different styles of dance.*

Any Questions Call Tu-Wa-Kii-Nobi

(541)-573-1573



*April showers  
bring  
May flowers*





# Housing News

BURNS PAIUTE HOUSING AUTHORITY

April 18, 2016

## Closed bid for surplus vehicles

The Housing Authority will be having a closed bid process for 3 surplus vehicles. The bid will close on Friday, April 29, 2016 at 11:00 am. On this date and time at the Housing Office is where the sealed bids will be open.

### SURPLUS VEHICLES

- \* 1997 Ford F150
- \* 2000 Ford Taurus SES
- \* 1995 Chevrolet G10 Van

If you are interested in looking at these vehicles, please stop by the office.

ALL VEHICLES ARE AS IS!!

APR 20 - MAY 20

## The BEAVER

Birth Totem

Element: EARTH Color: YELLOW Stone: BLOODSTONE

Born during "Growing Time," Beavers are hardworking, dependable, and industrious. If you want a job done right, ask a Beaver. Their attention to detail, mental acuity, and persistent effort makes these people excellent in the workforce.

Beavers work best when the seas are smooth and work hard to transform their home into a secure comfortable retreat. Interior décor is oftentimes important to Beavers, due to their fondness for beautiful items.

Beavers' love of stability make them excellent long-term friends and partners; however, their tendency towards continual improvement in themselves and others may come off as controlling if left unchecked. The Beaver that learns to be more flexible makes for a model employee and a loyal friend.

KOKOPELUNH.COM

## ONE (1) VACANT HOUSING AUTHORITY SEAT

If you are interested in being on the Housing Authority Board, please submit a letter of interest to Tribal Council. Please also give a copy of the letter to the HA.

**Housing Authority Meeting**  
TBA  
At later date

## HOUSING AUTHORITY MEMBERS

Chairperson,  
JoEllen SkunkCap

Vice-Chair,  
Elisha Caponetto

Secretary-Treasure,

Phyllis Miller

Members at Large

Andrew Beers

Vacant



## WAITING LIST—April 6, 2016

APPLICANT	DATE COMPLETE	ADULTS	CHILDREN	
Taylor Kennedy	July 29, 2015	1 adult	0 child/ren	Complete
Desiree Sam	January 25, 2016	2 adults	2 child/ren	Complete
Donna Teeman	February 26, 2016	2 adults	1 child/ren	Complete

Per the Burns Paiute Housing Policy, "Applicants placed on the waiting list are required to respond to any update requests as a condition of remaining on the list and as a condition of admission." Request updates are mailed to the applicants last known address. The applicant is also responsible for informing the Housing Program if there are any changes in contact information, family composition and income change (increase/decrease).

### Contact Info

Office No.

541.573.2327

Office Fax No.

541.573.2328

Jody Hill,

Executive Director

Cell

541.589.2022

Brenda Sam,

Housing Assistant

Cell

541.589.2647

## **BPT DOMESTIC VIOLENCE SEXUAL ASSAULT PROGRAM**

### **SEXUAL ASSAULT PREVENTION**

What is sexual violence? Sexual violence is unwanted, unwelcome, non-consensual sexual activity. Sexual violence can happen to anyone at any time, but is primarily experienced by women. The perpetrators are usually male and somebody known by the victim. Sexual violence is a global problem.

### **FORMS OF SEXUAL VIOLENCE**

Rape and sexual assault. Harassment-unwelcome sexual advances or requests for sexual favors. Child sexual abuse and incest. Stalking, threats, peeping, or taking nude photos. Exploration by figures of authority, such as doctors, therapist, priests, and police officers.

### **THE STATS**

1 in 6 women and 1 in 33 men in the U.S. report an attempted or completed rape in their lifetimes. 20 to 25 percent of women experience attempted or completed rape during college. 2 million injuries occur each year due to sexual violence. 8% of U.S. high school students report having been forced to have sex.

### **WHO IS AT RISK**

All women are at risk for sexual violence. Women ages 20 to 24 have the greatest risk and highest rates of rape and sexual assault. Individuals between ages 18 and 19 experience the highest rates of stalking. American Indians and Alaska Native women have the highest rates of sexual violence.

### **RISK FACTORS FOR COMMITTING SEXUAL VIOLENCE**

Being a male. Having friends who are sexually aggressive. Experiencing violence as a child, sexual child abuse, or incest. Exposure to values that promote sexual violence.

### **PHYSICAL CONSEQUENCES**

Acquisition of sexuality transmitted disease (STD). Unwanted pregnancies, premenstrual syndrome, or gynecological complications. Chronic pelvic, back, or facial pain and headaches. Sleep disorders.

### **EMOTIONAL and PSYCHOLOGICAL IMPACT**

Fear and anxiety. Issues with trust and intimacy, social isolation. Post-traumatic stress disorder, emotional detachment, or repeatedly replaying the memory of the attack. Depression, suicidal thoughts, or dissociative-identity disorder.

April 11, 2016

Teresa Cowing, DVSA Coordinator

Phyllis Miller, DVSA Cultural Coordinator

541-413-0216 or 541-573-8053

541-573-8004

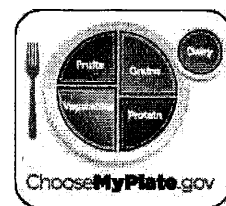


United States Department of Agriculture

## 10 tips

Nutrition  
Education Series

# MyPlate snack tips for parents



## 10 tips for healthy snacking

**Snacks can help children get the nutrients needed to grow and maintain a healthy weight.**

Prepare single-serving snacks for younger children to help them get just enough to satisfy their hunger. Let older kids make their own snacks by keeping healthy foods in the kitchen. Visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) to help you and your kids select a satisfying snack.

### 1 save time by slicing veggies

Store sliced vegetables in the refrigerator and serve with dips like hummus or low-calorie dressing. Top half a whole-wheat English muffin with spaghetti sauce, chopped vegetables, and low-fat shredded mozzarella and melt in the microwave.

### 2 mix it up

For older school-age kids, mix dried fruit, unsalted nuts, and popcorn in a snack-size bag for a quick trail mix. Blend plain fat-free or low-fat yogurt with 100% fruit juice and frozen peaches for a tasty smoothie.

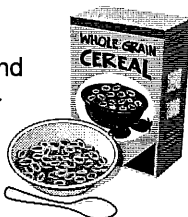


### 3 grab a glass of milk

A cup of low-fat or fat-free milk or milk alternative (soy milk) is an easy way to drink a healthy snack.

### 4 go for great whole grains

Offer whole-wheat breads, popcorn, and whole-oat cereals that are high in fiber and low in added sugars, saturated fat, and sodium. Limit refined-grain products such as snack bars, cakes, and sweetened cereals.



### 5 nibble on protein foods

Choose lean protein foods such as low-sodium deli meats or unsalted nuts. Wrap sliced, low-sodium deli turkey around an apple wedge. Store hard-cooked (boiled) eggs in the refrigerator for kids to enjoy any time.

### 6 keep an eye on the size

Snacks shouldn't replace a meal, so look for ways to help your kids understand how much is enough. Store snack-size bags in the cupboard and use them to control serving sizes.

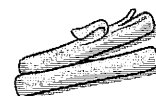
### 7 fruits are quick and easy

Fresh, frozen, dried, or canned fruits can be easy "grab-and-go" options that need little preparation. Offer whole fruit and limit the amount of 100% juice served.



### 8 consider convenience

A single-serving container of low-fat or fat-free yogurt or individually wrapped string cheese can be just enough for an after-school snack.



### 9 swap out the sugar

Keep healthier foods handy so kids avoid cookies, pastries, or candies between meals. Add seltzer water to a ½ cup of 100% fruit juice instead of offering soda.

### 10 prepare homemade goodies

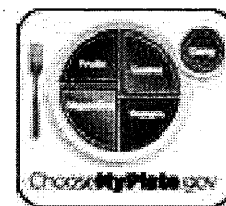
For homemade sweets, add dried fruits like apricots or raisins and reduce the amount of sugar in the recipe. Adjust recipes that include fats like butter or shortening by using unsweetened applesauce or prune puree for half the amount of fat.



United States Department of Agriculture

**10  
tips**  
*Nutrition  
Education Series*

# add more vegetables to your day



## 10 tips to help you eat more vegetables

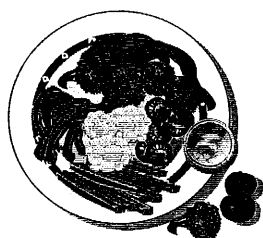
**It's easy to eat more vegetables!** Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, we're encouraging them as snacks as well, not just meals.

### 1 discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

### 2 be ahead of the game

Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with a hummus dip, or in a veggie wrap.



### 3 choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

### 4 check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, green beans, or spinach to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.

### 5 stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."



### 6 make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, carrots, or watercress. Your salad will not only look good but taste good, too.



### 7 sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

### 8 while you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

### 9 savor the flavor of seasonal vegetables

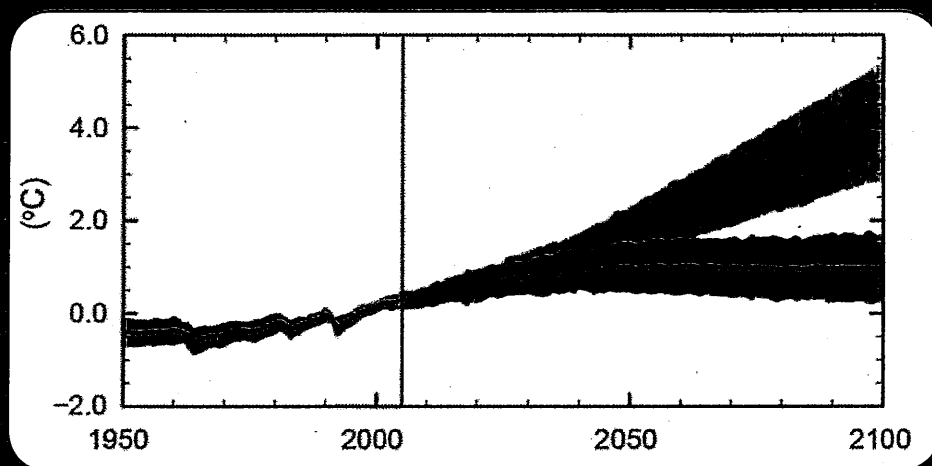
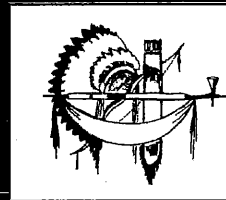
Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



### 10 try something new

Choose a new vegetable that you've never tried before. Find recipes online at [www.WhatsCooking.fns.usda.gov](http://www.WhatsCooking.fns.usda.gov).





Join us for a Discussion:

April 2004 @ 6:30pm in the  
Community Center

## Snacks will be Provided

We will discuss:

- **Climate change projections** and what they could mean for the Malheur River and the Upper Snake River Watershed
- The climate change **vulnerability assessment process** being conducted by the BPT and the other tribes of USRT
- **YOUR CONCERNS** about climate change impacts

Contact [www.usrtfoundation.org](http://www.usrtfoundation.org) for more info.

# COMMUNITY AWARENESS

THE BURNS PAIUTE TRIBE ALCOHOL AND DRUG PROGRAM,  
MENTAL HEALTH PROGRAM, AND DOMESTIC VIOLENCE/SEXUAL  
ASSAULT PROGRAM WOULD LIKE TO INVITE YOU TO ATTEND.

WHEN: APRIL 21, 2016 @ 5:30PM

WHERE: THE GATHERING CENTER

WHO: ALL INDIVIDUALS OVER THE AGE OF 11

CHILD CARE WILL BE PROVIDED. PLEASE CONTACT FOR FURTHER  
INFORMATION.

DINNER WILL BE SERVED PROMPTLY AT 5:30 WITH THE  
PRESENTATION TO BEGIN AT 6:00PM.

If you are in need of child care for this event, please contact one  
of the following to sign up. NO INDIVIDUAL under the age of 12 will be  
permitted.

Nanci: 541-573-8003

Teresa: 541-573-8053

Jeremy: 541-573-8046

This is going to be a presentation on Alcohol and Drug, Sexual  
Assault/Domestic Violence, and Mental Health issues and resources  
that are available.



**Burns Paiute Tribe Domestic Violence and Sexual Assault Program on April 22, 2016 at 1:00 pm will be working with the kids at Tu-Wa-Kii-Nobi on staying safe and stranger danger.**

*We will talk about staying safe in our everyday lives. Topics will be stranger danger, who is a safe person to speak with, treat people the way you would like to be treated and we will help make the kids a safety card of phone numbers they can contact and safe people they can speak with. The DV/SA program will bring the information to our office, type it, and return to Elise to hand back to the kids.*

**If you have any questions or concerns please feel free to contact the DV/SA program staff.**

**541-573-8053 or 541-413-0216**

## Mental Health Announcements

*Hi Everyone!*

*My name is Jeremy Thomas and I have recently taken over the role of the Mental Health Coordinator. I am excited for this opportunity and I look forward to serving each and every one of you. I thought I would put a reminder out there, if you need more information about the services we can offer, would just like to get to know me or wish to schedule an appointment, please call the Mental Health Coordinator, Jeremy Thomas @ 541-573-8046 and I would be happy to visit with you.*

*If you or someone you know is suffering from a mental health emergency, please call either Jeremy at the number listed above or dial 911.*

*Annette Chastain, our Contracted Mental Health Therapist, will be here seeing clients on the following days in April:*

*Tuesday, April 26th 9am-4pm*

*Spaces for these appointments fill up fast, so please do not hesitate to call and make an appointment today!*

*We pride ourselves on reducing the negative stigma of mental health in our community, one client at a time and one day at a time. We are here to help and encourage anyone who could use our program to take full advantage of it.*

## **Closed Bid for Surplus Vehicles Burns Paiute Tribal Members only**

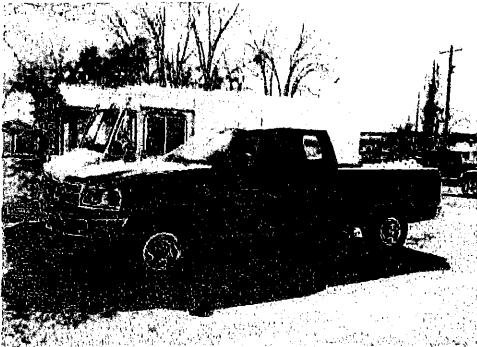
The Housing Authority will be accepting closed bid for 3 vehicles. Please turn in bids to the Housing Authority in a sealed envelope no later than Friday, April 29, 2016 at 11:00 am. On this date and time of April 29, 2016 at 11:00 am at the Housing Office the bids will be opened. The winner will be notified via telephone on above said day. The winner will have until the following Friday to make payment in cash and have vehicle removed.

### VEHICLES ARE AS IS

Inside the envelope the bid must include the following:

- First and last name
- Current phone number
- Tribal enrollment number
  - Which vehicle
  - Amount of bid

On the outside of envelope please put which vehicle the bid is for.



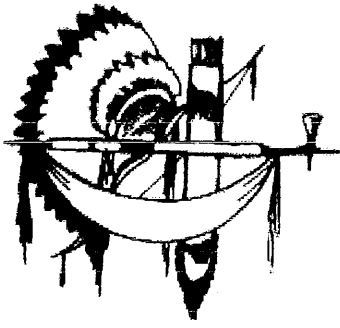
1997 Ford F150  
Mileage - 144,043



1995 Chevrolet G10 Van  
Mileage - 38,182  
Questionable on mileage



2000 Ford Taurus SES  
Mileage - 128,966  
V6 Motor



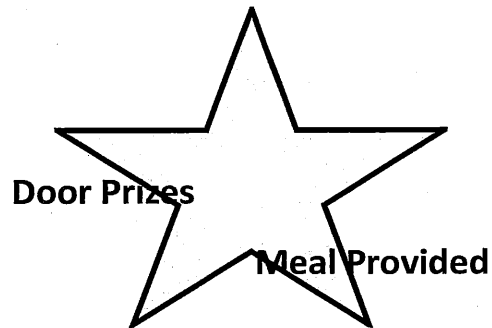
# Mental Health First Aid Training

Have you ever wanted to be able to help someone with mental health issues? Have you ever wanted to know what the warning signs might look like? Don't miss out on this exciting opportunity with Brooke Nyman to be certified to help a member of the community, a friend, a family member with their mental health.

**When—May 4th and 5th, 2016**

**Where—The Gathering Center**

**Time—5:00—9:00 PM**



- Must be present both days to receive certification
- Free for Tribal members and staff
- Sign up is available at the Wadatika Health Center

Contact Jeremy Thomas—Mental Health Coordinator  
for more information. 541-573-8046



## Fishing Trip

## Cutting wood for Elders

[illegible]

4/5/2016

DEPARTMENT OF THE INTERIOR Mail - Summer 2016 Will Writing, Estate Planning Project



Jackson, Charles <charles\_jackson@ost.doi.gov>

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## Summer 2016 Will Writing, Estate Planning Project

1 message

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Jackson, Charles <charles\_jackson@ost.doi.gov>

Tue, Apr 5, 2016 at 10:18 AM

To: "Beverly A. Beers" <Beverly.Beers@burnspaiute-nsn.gov>

Cc: "(Rod049@yahoo.com)" <Rod049@yahoo.com>, Kenton Dick <kenton.dick@burnspaiute-nsn.gov>

Bev - You will receive by mail later this week a signup sheet for this summer's Project. Please put a notice in the BPT newsletter that folks can signup at the BPT Admin Bldg using this sheet. Please remind everyone that we need a current mailing address and a good phone contact #. Otherwise we may not be able to coordinate an appointment with the law student.

We need at least 6 individuals to signup to schedule appointments at Burns. Call me mid-June and give me a count at that time.

We will try to schedule the law student's visit to Burns around the first full week of July 2016.

Let me know if you have any questions. Thank you.

-

VBR

*Charles V Jackson*

Fiduciary Trust Officer, U.S. Department of the Interior, Office of the Special Trustee

Field Ops – NW Region, Warm Springs Agency

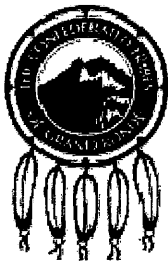
P.O. Box 1239 (Mailing), 1233 Veteran's Street (Physical), Warm Springs OR 97761-1239

Ofc 541.553.2409; Fax 541.553.9113; Cell 541.325.1020; Email: Charles\_Jackson@ost.doi.gov

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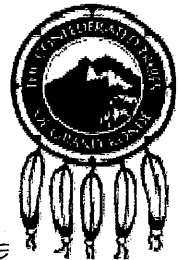
**PLEASE SIGN UP AT THE ADMINISTRATION OFFICE**





CONFEDERATED TRIBES OF GRAND RONDE ELDERS COMMITTEE

48940 BLACKTAIL DRIVE  
GRAND RONDE, OR 97347



The Confederated Tribes of Grand Ronde would like to invite you to join us for our Annual Tribal Elders Honor Day.

This event will be held on Monday July 11, 2016 at Spirit Mountain Casino with breakfast following on Tuesday July 12, @ Elder Activity Center.

Any questions can be directed to (503) 879-2233.

We have arranged for a block of rooms at Spirit Mountain Casino Lodge. They will be held until June 15, or until gone.

For rooms please call (888) 668-7366 for reservations.

Please mention you are attending the Grand Ronde Elder Honor Day.

Registration will open at 8:30 am on Monday July 11, 2016  
Spirit Mountain Event Center.

Spirit Mountain Casino and the Grand Ronde Elder Committee can not be responsible for personal care of anyone who may have needs above normal

circumstances. Please provide caretaker if needed for elders who are unable to care for themselves. Thank you for your understanding.

Since this is a gaming area, no one under 18 please.

# 2016 Confederated Tribes of Grand Ronde

## Elder Honor Day

Monday July 11<sup>th</sup>

8:30 a.m. Sign In & Continental Breakfast

9:30 a.m. Opening/ Welcome /Flag Presentation/Royalty & Prayer  
Drumming - Master of Ceremony - Nick Sixkiller

10:00 a.m. - 10:30 a.m. Exercise with Community Health staff

10:30 a.m. - 10:45 a.m. CERTS with Jamie Baxter

10:45 a.m. - 11:00 a.m. Recognizing "Baby Elders"

11:00 a.m. Choose King and Queen & Eldest Man & Woman

11:30 a.m. till 1:00 p.m. Lunch and Music by "The Ocean"

1:00 p.m. Break

1:30 p.m. Recognizing Eldest Male and Female Veterans

2:00 p.m. - 3:00 p.m. Bingo & Drawings

3:00 p.m. Drawings & Recognizing Volunteers

4:00 p.m. Main Drawing/Retire Flags

Tuesday July 12<sup>th</sup>

8:00 - 10:00 a.m.

Breakfast at Elder Activity Center 48940 Blacktail Drive (off Grand  
Ronde Rd on Tribal Campus.)